

CLAIMS

1. An oral skin moisturizer comprising, as an active ingredient, an extract of a plant of the genus *Lepidium* of the 5 family *Cruciferae*.

2. The oral skin moisturizer according to claim 1, wherein the plant of the genus *Lepidium* of the family *Cruciferae* is maca (*Lepidium meyenii* Walp).

3. The oral skin moisturizer according to claim 1, 10 containing a maca extract as an active ingredient.

4. The oral skin moisturizer according to claim 3, wherein the maca extract is obtained by adding an aqueous ethanol solution to a crushed maca product, and maintaining the mixture at 40 to 85°C for extraction.

15 5. A food product, liquor, functional food product, or pharmaceutical product containing the oral skin moisturizer according to any of claims 1 to 4.